# ispp Logo for emailGrade 4/5 – GYMNASTICS CHALLENGE

## j0279712

## BALANCES

**Name of 4 GROUP MEMBERS;** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**AIM** - To create a routine that consists of various balances that meets the criteria below.

You will have 6 weeks to complete the challenge.

Week 1 – ‘**Focus** – to experiment with 2 & 4 people balances’.

Week 2 – ‘**Focus** – to experiment making up your own unique balances and 3 people balances’.

Week 3 – ‘**Focus** – to put all the work learnt into a routine’.

Week 4– ‘Videoed Class Performance’

###### To complete the challenge you need to produce a routine that meets the criteria

1. Your routine must include the following; -

🔿 4 different solo balances (1 person) with 4 different point balances.

j0285850 🔿 4 different partner balances (2 people).

🔿 2 different triple balances (3 people).

🔿 2 different quad balances (4 people).

🔿 1 balance that your group has made up (any number of people).

2. You must be able to evaluate another groups routine and give appropriate feedback.

**Things to think about;-**

1. Do you use all the mat space available to you?
2. Do you hold your balances for the required time?
3. Is your performance aesthetically pleasing?
4. Have you got different people in your group as bases?
5. Look at the marking sheet. Will your group get full marks?
6. Why not have a look for ideas on the wall?
7. Why not have a look at the task cards for ideas?
8. If stuck, why not ask for help?

amidea

### PLANNING SHEET

Draw in the boxes each of your chosen balances.

***4 solo balances***

#### D

#### C

#### B

#### A

***4 partner balances***

#### H

#### G

#### F

#### E

***2 trio balances 2 Quad balances***

#### L

#### K

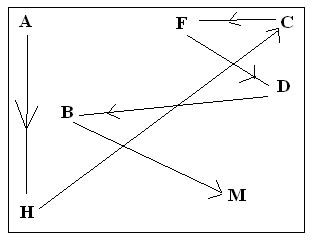
#### J

#### I

***1 unique balance***

#### M

This is a birds eye view of your mat. Draw out where your sequence starts and finishes. Labelling at each point where the balances occur. (See example below)



**Evaluation task card for Balance routines**.

***Name of group being marked;***

***Name of pupils marking;***

1. Record in the table when the group performs each of the balances.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Solo Balance** | **Partner Balance** | **Trio Balance** | **Quad Balance** | **One made up balance** |
| Total | Total | Total | Total | Total |

***Award one point for each balance performed****.*

2. How long are the balances on average held for?

1 sec 2 secs 3 secs 4 secs 5 seconds +

➊ ➋ ➌ ➍ ➎

3. How well did the routine use the space provided?

Stayed on one spot Used all available space

➊ ➋ ➌ ➍ ➎

4. Did the routine have a defined start and a finish?

***3 extra points in total can be awarded for;-*** pointing their toes, performing with a smile, not giggling through-out the performance, using different ideas.

No⚫ Yes ➎

5. Was the routine smooth and flowing?

No⚫ Yes ➎

**2 things you really like about the performance**

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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Total Mark

TOTAL

**35**

**1 area you think the group could improve on**

* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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